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# SERVING MANY

Food news for food managers in industrial plants, restaurants, hotels, and hospitals

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FEATURING ABUNDANT FOODS

Victory has brought more than celebrations, it has completely changed the food supply picture. Processed foods have been removed from ration controls and blue point problems may now be forgotten. Set-aside requirements for beef, lamb, and veal have been canceled, which should provide a more liberal meat supply. Sugar promises to remain scarce for some months.

## FOODS IN ABUNDANCE

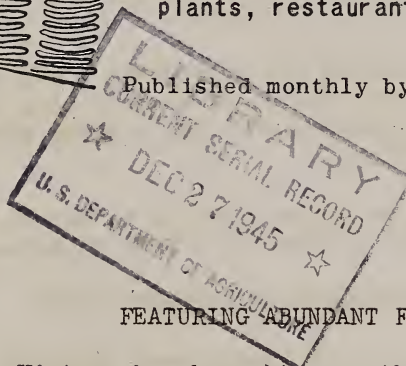
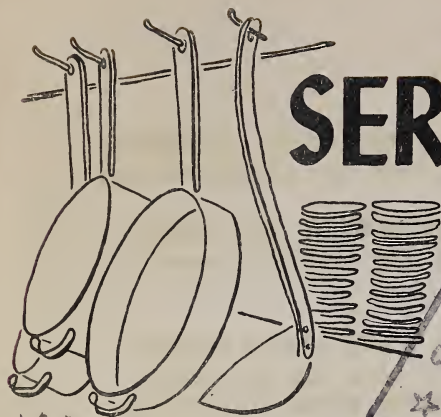
American agriculture has been geared to the largest production program in history. As military needs decrease many foods will tend to become more abundant and some may even be in surplus supply. Foods in surplus supply affect the national economy because farmers, if they cannot sell their products, do not have money to buy the goods produced by industrial workers.

Industrial feeding managers may aid with the problem of abundant foods by keeping themselves informed as to market conditions and using foods often when they are plentiful. The combined food usage of industrial feeding establishments requires many carloads of foods. Food service managers can help, therefore, to absorb large amounts of the foods that otherwise might become market surpluses.

In September cabbage, potatoes, and western peaches will be plentiful in national supply. Many other vegetables and fruits will be abundant locally.

Cabbage will be at its best for use in crisp salads, soups, and as a cooked vegetable.

Potatoes are plentiful once again. The "intermediate" crop is being harvested and will be on the market in September. These "intermediate" potatoes are of good quality and are less perishable than "early" potatoes. Right now, because of the large volume on the market, potatoes are selling below the ceiling prices in many localities. This is an inducement for food managers to serve potatoes often.



*Peace has changed  
the food picture.*

### WHY FEATURE ABUNDANT FOODS?

What are the advantages of serving abundant foods frequently in the industrial cafeteria? Some of the advantages of using foods when they are plentiful are:



*Don't forget to serve  
the abundant foods.*

1. They are available in the markets at the height of the growing season when they are at their best in color, texture, and flavor.
2. They usually are economical foods either because they are inexpensive, or because they are in fresh, sound condition so that the maximum yield in servings may be obtained.
3. It generally is possible to select the food in the size, count, or kind that best suits your need.

### SELL YOUR CUSTOMERS ON ABUNDANT FOODS

Some merchandising methods that may be used to promote the sale of abundant foods are:

1. Advertise the featured foods by posters, counter signs and table cards. An article in the plant paper on the nutritive value and methods of preparation of the food will stimulate the interest of the workers.
2. Instruct counter salespersons to suggest the featured food to customers. "We have baked potatoes today," or "The peach short-cake is very good," or "Have you tried the Mexican slaw?", may help to sell these foods if the salesperson's attitude is one of friendly suggestion rather than of high-pressure salesmanship.
3. Use the featured food on the special lunch. Place it in a prominent place on the serving counter.
4. Display the featured food attractively. For example, serve a featured vegetable salad from a large salad bowl, or accent a peach dessert by a display of ripe peaches.
5. Use an abundant food frequently on the menu but not so often that the customers tire of it. Vary the form of preparation and the combinations in which the food is served.

### SPECIAL LUNCH MENUS FOR SEPTEMBER



1.

Pork sausage patty  
Scalloped potatoes\*  
Cabbage\*, celery, and apple salad  
Enriched bread with butter or  
fortified margarine  
Fresh pear  
Milk

2.

Baked macaroni and cheese  
Spiced new beets  
Mixed green salad  
Whole-wheat bread with butter or  
fortified margarine  
Fresh apple cobbler  
Milk



3.

Lamb stew with vegetables  
(Carrots, green beans, onions)  
Steamed potatoes \*  
Sliced tomato and cucumber salad  
Enriched rolls with butter or  
fortified margarine  
Chocolate pudding  
Beverage

5.

Fried fish fillet, with Philadelphia  
relish  
Parsleyed potatoes \*  
Stewed tomatoes  
Whole-wheat bread with butter or  
fortified margarine  
Fruit cobbler  
Milk

7.

Chicken pot pie  
Mashed potatoes \*  
Carrot, cabbage,\* and raisin salad  
Enriched rolls with butter or  
fortified margarine  
Fresh peach ice cream  
Beverage

9.

Baked Fish  
Scalloped potatoes \*  
Cabbage,\* tomato, and green pepper salad  
Enriched bread with butter or fortified  
margarine  
Prune upside-down cake  
Milk

11.

Cold plate:  
Sliced luncheon meats  
Sliced tomatoes  
Potato salad \*  
Whole-wheat bread with butter or  
fortified margarine  
Green apple pie  
Milk

13.

Spanish omelet  
Baked potato \*  
Apple, celery, and nut salad  
Whole-wheat bread with butter or  
fortified margarine  
Chocolate bread pudding  
Beverage

4.

Vegetable plate:  
Stuffed egg salad  
Baked potato \*  
Carrots  
Parsleyed cauliflower  
Whole-wheat rolls with butter or  
fortified margarine  
Spice cake  
Milk

6.

Veal loaf  
Hashed brown potatoes\*  
Buttered cabbage\*  
Enriched bread with butter or  
fortified margarine  
Gingerbread  
Milk

8.

Boston baked beans  
Summer squash  
Tossed green salad  
Brown bread with butter or  
fortified margarine  
Fruit cup  
Milk

10.

Corned beef and cabbage\*  
Steamed potatoes \*  
Whole-wheat bread with butter or  
fortified margarine  
Butterscotch pudding  
Milk

12.

Boiled beef brisket with cabbage\* and  
corn relish  
Parsleyed potatoes \*  
Buttered carrot strips  
Enriched bread with butter or  
fortified margarine  
Custard  
Beverage

14.

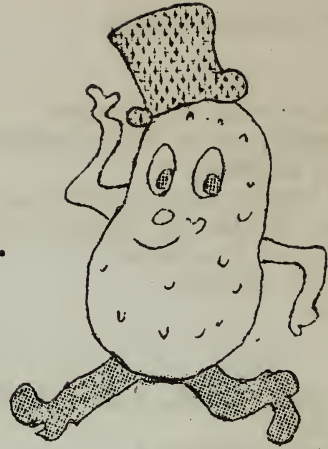
Pot roast of beef  
Browned potatoes \*  
Fresh spinach (or other greens)  
Enriched rolls with butter or  
fortified margarine  
Orange sherbet  
Milk

## SPUDS ARE BACK AGAIN!

It's true; high quality Irish potatoes are back on the market in such quantities that they are heading our list of abundant foods for this month. To help you give them a feature spot on your lunch counters we're offering a few suggestions for their preparation.

### Cooking Tips

"Spuds" can be featured many different ways. In fact, they may be cooked in a greater variety of ways than any other vegetable. They are highly nutritious and always economical, as well as being a "favorite" on the table.



To obtain the best color and flavor and to conserve the nutritive value of potatoes, follow these rules:

1. Cook potatoes in their jackets whenever possible. They may be peeled and sliced or diced for salad, scalloped, mashed, or pan or oven-fried.
2. When potatoes must be peeled, keep the pieces as large as possible to avoid cooking away so much of the food value, even though cutting in smaller pieces will save time.
3. Cook in boiling, salted water and only until tender.
4. Potatoes cooked in jackets should be opened as soon after cooking as possible to permit the steam to escape and whiten the potato. The faster the steam escapes, the whiter the potato.
5. For baking, wash potatoes, dry and lightly grease the skins. Then they are clean and soft for those who like to eat them with the skins on. (After all, that is the source of minerals and vitamins).



### POTATOES AND MENUS

Most of the vitamin and mineral content of the potato is immediately beneath the skin, therefore it is well to cook them in the jackets just as often as is possible. Potatoes steamed in their skins are especially good cubed and made into salad or sliced or diced and served in many other ways. Mashed potatoes may be steamed with their skins on.

Potatoes may be served as:

Steamed Buttered Potatoes  
Paprika Potatoes  
Oven Browned Potatoes  
Creamed potatoes, Peas, and Carrots  
Mashed Potatoes and Carrots, or Turnips  
or Rutabagas  
Any form of mashed potatoes may have  
tiny nests with eggs dropped in and  
baked

Parsley Buttered Potatoes  
Hashed Brown Potatoes  
Creamed Potatoes  
Mashed Potatoes  
Mashed Potatoes with pimento pressed  
through sieve and blended into potatoes  
Potatoes serve well as a garnish either  
mashed, browned or plain buttered to  
serve around many entrees



Mashed Potatoes are varied by adding small amount of grated onion, chopped parsley, pickle juice, finely chopped boiled egg, or a combination of all.

Baked, stuffed and served on the half shell either plain or with sprinkled grated cheese, ground meat, paprika, or minced parsley.

Duchess Potatoes (mixed with beaten eggs and slightly baked).

Potatoes O'Brien  
Escalloped Potatoes  
Steamed in Jackets

Potatoes au Gratin  
Escalloped Potatoes and Ham  
Baked in Jackets

#### Medley of Vegetables

Vegetable Pie  
Casserole of Liver with Vegetables  
Potatoburgers

Vegetable Casserole  
Shepherd's Pie  
Potato Pancakes

#### POTATO RECIPES

##### Creamed Potato Soup /1

2 cups celery, diced  
2 cups onions, chopped  
 $3\frac{1}{2}$  quarts potatoes, cubed  
2 gallons water  
1 lb. butter or enriched margarine

##### 50 Portions

1  $\frac{3}{4}$  cups flour  
2 gallons milk  
 $3\frac{1}{2}$  tablespoons salt  
1 teaspoon chopped parsley  
1 teaspoon paprika

Cook celery, onions and potatoes slowly in small amount of water until tender. Press through colander. Blend butter and flour. Add milk and potato-vegetable puree. Cook over hot water for 20 minutes. Sprinkle with paprika and chopped parsley, if available.

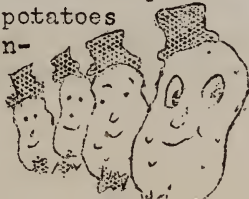
##### Fish Chowder /2

10 pounds fish  
(about 1 gallon, diced)  
 $5\frac{1}{2}$  quarts hot fish stock  
 $\frac{1}{2}$  pound salt pork  
6 onions, sliced  
3 tablespoons salt

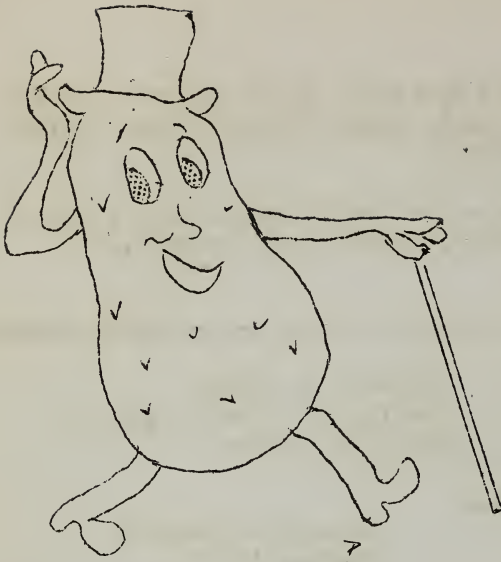
##### 50 Portions

1 teaspoon pepper  
 $\frac{1}{4}$  cup flour  
3 quarts diced potatoes  
3 quarts evaporated milk  
1 dozen hard cooked eggs, chopped  
(may be omitted)

Halibut, haddock or cod are best. Remove bone and cut fish into small pieces. (Cook head and backbone in 6 quarts boiling water 15 minutes). Strain. There should be about  $5\frac{1}{2}$  quarts fish stock. Fry salt pork and onions in scup kettle until onions are slightly brown. Remove pork and onions and keep hot. Arrange a layer of fish in bottom of kettle and sprinkle with salt, pepper and flour. Add a layer of potatoes, and then a layer of onion and pork. Repeat. Add the fish stock and cook slowly without stirring until potatoes and fish are done, about 45 minutes. Add scalded milk. Garnish each serving with chopped egg.







### Corn Chowder /2

2/3 pound salt pork  
5 onions, sliced  
3 quarts canned corn  
2 $\frac{1}{2}$  quarts diced potatoes  
2 quarts raw or canned tomatoes  
2 tablespoons salt  
1/3 cup sugar (optional)  
Pepper  
5 $\frac{1}{2}$  quarts boiling water  
1 $\frac{1}{2}$  quarts hot evaporated milk

Cut pork into small pieces and fry slowly to a golden brown in a large soup kettle. Add onion and cook slowly without browning, 5 minutes. Add corn, potatoes, and tomatoes in alternate layers. Sprinkle with salt, sugar and pepper, then add water and cook slowly until potatoes are tender. Add milk when ready to serve. Chowder is generally served by pouring over pilot biscuit or cracker in soup bowl.

### Vegetable Chowder /1

2 pounds salt pork, diced  
1 pint onions, chopped  
1 gallon raw potato, diced  
1/2 gallon carrots

1 gallon water  
1/2 gallon cabbage  
1/2 gallon turnips  
1/2 gallon milk

Fry the salt pork until crisp and remove the fat. Cook onions in a small amount of the fat until lightly browned. Boil potatoes and carrots in the water until tender. Add the cabbage and turnips and cook 5 to 10 minutes. Add the milk, cooked salt pork and onions. Let simmer for 10 minutes.

### Vegetable Chop Suey /1

7 pounds carrots, diced  
7 pounds potatoes, cubed  
3 cups flour  
1 $\frac{1}{2}$  cups water

7 cups celery, finely cut  
5 cups onions, chopped  
2 tablespoons salt  
1 gallon meat stock

Note: Water, to which butter, enriched margarine, or chicken fat has been added in the proportion of  $\frac{1}{2}$  cup fat to 1 quart water, may be used in place of meat stock.

Add carrots, potatoes, celery and onions to boiling water and cook 10 to 12 minutes. Add the meat stock or the water and fat, if needed. Make a paste of flour and water and add slowly. Add to mixture to thicken. Stir. Add salt and pepper. Let simmer slowly 20 minutes.

Note: Serve over dry boiled rice or cooked noodles. Where bean sprouts, mushrooms and soy sauce are available, they are desirable additions.



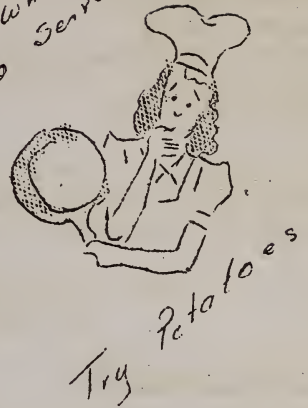


Scalloped Chipped Beef and Potatoes /2

1 cup butter or enriched margarine	1 peck potatoes
2 cups flour	2 quarts evaporated milk
1 tablespoon salt	1 pound sliced dried beef
2 quarts boiling water	
1/2 cup onions, chopped	

Prepare a white sauce of the butter, flour, salt, water and milk. Peel and slice potatoes and shred dried beef. Place a layer of potatoes on bottom of greased baking pan. Add onions and dried beef and one-half of the white sauce. Add another layer of potatoes and cover with the remaining white sauce. Bake in a moderate oven for about one hour or until potatoes are tender.

*Wondering  
what  
serve?  
to*



Scalloped Sausage and Potatoes /1

8 pounds potatoes	1 1/2 tablespoons salt
1 pound sausage or 2 pounds uncooked ham, hamburger, or other ground meat	1 pint water
1 pint flour	1 pint milk

Peel and slice potatoes. Put potatoes in a large pan and mix flour through them. Put them in a well buttered meat pan, placing a layer of potatoes in the bottom, then a layer of meat, then a layer of potatoes, and then more meat. Add water and milk to the potatoes and bake in a moderate oven for 1 hour.

Corned Beef Hash /1

6 pounds corned beef	1 cup onions, diced
1 1/2 gallons potatoes, cooked and diced	2 quarts meat stock or water

Grind corn beef coarsely. Combine onions and potatoes. Mix meat with potatoes and onions. Place in a baking pan. Add meat stock and bake in a moderate oven 30 to 45 minutes. Left over diced cold meat can be substituted for the corned beef.



*1 wear my  
Jacket to dinner*

Meat Stew /1

6-10 pounds cubed meat	3 pounds onions, chopped
7 pounds potatoes, cubed	1 quart celery, chopped
7 pounds carrots, cubed	2 quarts peas

Note: Peas may be omitted except in Lamb Stew.

Flour meat cubes and brown. Cover with water and add onions and celery. Let boil until meat begins to get tender, then add the carrots. After carrots are partially cooked, add potatoes and peas. If necessary, a little thickening may be added to the gravy.

### Potato Salad /1

8 pounds potatoes	$\frac{1}{2}$ cup regular vinegar
2 quarts celery	$\frac{1}{2}$ cup pickle vinegar
2 dozen hard-cooked eggs	1 cup mayonnaise
4 green peppers	3 cups boiled dressing
2 tablespoons salt	2 cups onion

Cube potatoes and eggs. Mince peppers, celery and onions. Combine the potatoes, celery, green peppers, salt and onion. Add vinegars to dressing if desired. Combine the two mixtures, avoiding overstirring.

Note: This salad improves on standing, so should be made as early as possible. All boiled dressing can be used.

### Hot Potato Salad /1

8 pounds hot diced potatoes	2 $\frac{2}{3}$ cups vinegar
5 $\frac{1}{3}$ cups green pepper, chopped fine	1 $\frac{1}{3}$ tablespoons salt
16 hard cooked eggs, diced	6 tablespoons water
4 cups onions, chopped fine	4 tablespoons sugar (optional)
$\frac{2}{3}$ pound bacon, cut fine	

Crisp bacon and add vinegar, salt, sugar, and water. While hot, pour over potatoes, eggs, onion and pepper which have been mixed. Garnish with thin slices of green pepper and diced egg.

### Potato Salad with Shrimp /3

6 quarts diced cooked potatoes	1 cup chopped onion
4 quarts cooked shrimp	2 quarts chopped cucumber
2 dozen hard cooked eggs	2 quarts boiled salad dressing

The potatoes should be well seasoned in cooking. Cut the shrimp in small pieces. Dice the eggs. Mix all ingredients with boiled salad dressing. Keep very cold.

### Potato Soup /2

7 $\frac{1}{2}$ quarts potatoes, diced	2 $\frac{1}{2}$ gallons water
1 quart onions, chopped	3 $\frac{1}{2}$ quarts evaporated milk
5 tablespoons salt	$\frac{1}{2}$ cup butter or enriched margarine

Add potatoes, onions and salt to the water. Cook in a covered kettle until potatoes are tender. Add milk and butter. Heat before serving.

/1 Manual for Managers of Rural and Other Small School Lunchrooms, prepared and published by the Ohio Dietetic Association. Versailles Policy Publishing Co., Versailles, Ohio.

/2 Quantity Recipes for Quality Foods, Evaporated Milk Association, Chicago, Ill.

/3 Quantity Food Service Recipes, Assembled under the auspices of the American Dietetic Association. J. B. Lippencott Co., Philadelphia, Pa.